

INSIDE FITNESS

Range fitness prepares Airmen for combat

by Airman 1st Class
MELANIE IANNAGGI

56th Fighter Wing Public Affairs

Normally, shooting at the range doesn't require a lot of energy. Most of the time shooters are relaxed and hitting the target is fairly easy.

But, training this way doesn't really prepare Airmen for combat, according to Rob Shaul, U.S. Coast Guard Academy graduate and Military Athlete strength and conditioning coach. He held a fitness seminar Nov. 2 and 3 at McViper's to teach security forces, physical training leaders and other interested Airmen how to train for combat.

Military Athlete is a garage-type gym in Wyoming similar to CrossFit that focuses on tactical performance and durability.

Mr. Shaul said Airmen can prepare for combat by practicing range fitness, which is doing marksmanship or other fine motor skills under stress.

"People usually have good fine motor skills at heart rates between 115 and 145," Mr. Shaul said. "When heart rates go above 145, the action becomes difficult to do."

A fine motor skill is an action involving small muscles, small movements and hand-eye coordination like shooting or typing, he said. The opposite would be a gross motor skill which involves big muscles and big movements like lifting or sprinting. And, a complex motor skill is a combination of both which would be like a quarterback dodging tackles while completing a pass.



Airman 1st Class Ronifel Yassy

"The ability to do a fine motor skill under stress is its own kind of animal," Mr. Shaul said. "You need to train frequently to get good at it."

Mr. Shaul showed the group of Airmen different ways to practice complex motor skills.

For Staff Sgt. Dawn Merzak, 56th Security Forces Squadron resource protection non commissioned officer-in-charge, the complex motor skill training gives Airmen

realistic practice for combat situations.

"The workout is very similar to CrossFit, but it takes it to another level, because the training is longer," she said. "It makes us more durable for long-term physical fitness and teaches us to control our adrenaline and nerves which increases our accuracy under pressure. The purpose is to take these exercises and directly apply it to our job."

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Thunderbolts perform fine and gross motor skills at the Combat Arms Training and Maintenance building. Rob Shaul, a strength and conditioning coach through the National Strength and Conditioning Association, according to Criticalbench.com, took seminar participants there for target practice and a workout Nov. 3. Mr. Shaul has attended seminars and earned certifications through CrossFit, Gym Jones, U.S. Weightlifting and Athletes' Performance. He founded Military Athlete in January. He is a 1990 graduate of the U.S. Coast Guard Academy.

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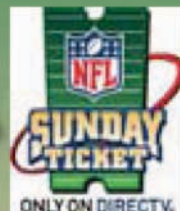
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Staff Sgt. Anthony Quinn, 56th Security Forces Squadron patrolman, removes his helmet after a workout with Rob Shaul, strength and conditioning coach, at the Combat Arms Training and Maintenance building Nov. 3.

Rob Shaul, strength and conditioning coach, teaches his fitness seminar participants to condition their bodies while firing under pressure at the Combat Arms Training and Maintenance building Nov. 3.

COMBAT (from Page 3)

To train complex motor skills, you can either bring the gym to the range or the range to the gym, Mr. Shaul said.

Bringing the gym to the range involves doing exercises like ups and downs, sprints and other quick movements that raise the participant's heart rate, Mr. Shaul said. Between exercises, a fine motor skill is performed such as shooting targets for time.

"This type of training is usually difficult, because it requires a lot of time and organization with range restrictions and safety concerns," he said. "When doing this, it is best to keep everything as simple as possible."

Bringing the range to the gym is easier but requires some creativity, Mr. Shaul said.

"It also involves a circuit of exercises, but shooting is replaced with other fine motor skill actions like lighting birthday candles, inserting IVs or using a tiny calculator to solve a complicated math problem."

The key to practicing range fitness is adding stress, he said. This can be done physically or mentally by adding competition, pain or a suffering teammate. All these stressors are found in combat and learning to deal with them now can save life later.

FIT WARRIOR OF THE WEEK

**2nd Lt. Kuang Wei Huang
56th Operations Support Squadron
Deputy Chief of F-16 Intelligence Operations**

How do you stay fit?

I lift weights or do cardio six days a week. If you push hard when you run and you are constantly hitting muscle failure when you lift weights, you can maximize the effectiveness of your workout and shorten the time you actually spend working out.

What drives you to keep working out?

Personal responsibility. You are directly responsible for your body. Why not take care of it?

Favorite music to work out to?

I don't listen to music when I'm working out.

Favorite workout?

I actually don't particularly enjoy working out or have a favorite exercise. I guess my last lap or exercise would be my favorite.

What motivated you to become physically fit?

It started in high school because I thought it would make me more attractive to girls. Then in college my motivation was fear of losing what I'd worked hard for. Now it's personal motivation where I feel I owe it to myself.

What advice do you have for others to score 100 percent on their PT test?

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INSIDE FITNESS

Sit for work, run for life

by Airman 1st Class
MELANIE IANNAGGI

56th Fighter Wing Public Affairs

Beginning in January, the physical fitness test is getting turned up a notch. Preparation is crucial, but who says it can't be fun?

The Thunder-Runners Running Club was started at Luke Air Force Base by Master Sgt. Randall Voy 56th Fighter Wing Office of the Inspector General complaints resolution superintendent, to promote camaraderie, help Airmen improve as runners, and, above all, make running fun.

"The goal is to create a non-pressure environment where people of all fitness backgrounds can meet to train, share experiences and knowledge, and work together to meet fitness goals," said Sergeant Voy. "We meet weekly, every Saturday at 6:30 a.m., normally at the Old Litchfield Park area across from the Wigwam Resort. It's a great running venue with tree-lined streets and limited residential traffic."

Different routes are mapped out depending on how far individuals want to run or how far their bodies will allow, he said.

"It's important to listen to your body," Sergeant Voy said. "Like I always say, 'It's better to run one mile than talk about running five.'"

Also, meeting times will be adjusted when temperatures begin to cool down. The club has also begun meeting during the week to perform interval training.



Staff Sgt. Gary Mathieson

Members of Luke Air Force Base Running Club do lunges on the base track Sept. 24.

"We're starting to do interval training, which is known as 'Fartlek' training," Sergeant Voy said. "It's a very common technique marathoners use to improve their time. 'This will be Thursdays at 5:15 p.m. at the base track.'"

Currently, the running club has about 25 members and is looking to spark interest base-wide.

"The club is great because it brings Luke runners together," said Senior Airman Robert Biermann, 56th Fighter Wing Public Affairs community relations tour coordinator and member of the club. "If you're like me, running with a pace or accountability partner is awesome. Nobody likes running by themselves. Having someone to run with and talk to helps you think less about your breathing and distance, and more about the fun of running."

For more information, call Sergeant Voy at (623) 856-8433.

FIT WARRIOR
OF THE WEEKCapt. Greg Jenkins
62nd Fighter Squadron
B Flight Commander

How do you stay fit?

I do a combination of free weights, running, calisthenics and extreme yoga. What drives you to keep working out?

Working out helps me stay active in everyday life and allows me to endure the stresses of flying F-16s.

Favorite music to work out to?

No particular genre, just music that is fast-paced.

Favorite workout?

Lifting free weights.

What motivated you to become physically fit?

Competitive sports and the feeling of being fit.

What advice do you have for others to score 100 percent on their PT test?

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INSIDE HEALTH

Options to get fit abound

by Airman 1st Class
MELANIE IANNAGGI

56th Fighter Wing Public Affairs

Airmen at Luke Air Force Base should know all about CrossFit, but what about the other two popular up and coming workout programs?

Body Pump and P90X are two fitness programs that can be added to workout plans. According to their official Web sites, both programs change workouts regularly to keep things challenging and prevent plateaus so results are continuously achieved.

"Body Pump, P90X, and CrossFit are all great workout programs individually, but which one is best all depends on the individual and the results they would like to receive," said Sherri Biring, 56th Force Support Squadron CrossFit supervisor. "And some people need a mix so they don't get bored and incorporating all three fitness programs into their routine keeps things interesting."

Similar to Luke adopting CrossFit, Beale AFB in California has recently started Body Pump. They are the first and so far only Air Force base that offers this program.

In a recent article on the Beale Web site, Capt. Tyson Edwards, 9th Force Support Squadron Sustainment Services Flight commander and the one responsible for bringing the program to the base said, "This is building functional strength you would use in the Air Force. The repetitive work used during deployments is found here and this will build up endurance for that. It's fantastic for weight loss because you burn up to 600 calories per session; and it's good for building lean muscle and endurance."

According to Airman 1st Class Aaron Anstrom, 56th FSS CrossFit instructor, P90X is similar to CrossFit because they are both very intense workouts and incorporate plyometrics, which are fast, powerful movements.

"But P90X and CrossFit differ because P90X uses isolated movements whereas CrossFit focuses on full-body exercises," he said.

Although many people love it, CrossFit isn't for everyone, Airman Biring said.

"P90X, Body Pump and Muscle Mix, which is a group fitness class taught on base similar to Body Pump, are some other good fitness options," she said.

	Body Pump	Power 90 Extreme (P90X)	CrossFit
What is it?	Body Pump is a strength training routine choreographed to music. Each class has 10 tracks and each song has a specific training objective and exercises are sequenced for maximum effect.	P90X is an intense 13-week program that includes 12 exercise videos and a nutrition plan.	CrossFit is a strength and conditioning system built on constantly varied, if not randomized, functional movements executed at high intensity. There is a 16-day cycle that is a mix between gymnastics and weightlifting workouts.
Average workout time	One hour	One hour	20 minutes
Where do you workout?	Classroom setting at off-base gym	Home	CrossFit gym on-base
Equipment needed	Step platform, bar and set of weights	Mat, dumbbells or resistance bands, stationary chair, towel, push-up/pull-up bar	CrossFit gym (gymnastics rings, barbells, bumper plates, dumbbells, parallel bars, pull-up bars, medicine balls, rope, mats, kettlebells, a giant tire, and sandbags)
Why is it effective?	New music and routines come out every 90 days to prevent plateaus	New moves and routines are constantly introduced to create muscle confusion. This means workouts never get easier and the body doesn't plateau.	A different workout is posted every day which keeps things interesting. CrossFit feels more like a sport which keeps participants motivated.

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